

EATSMART: Nutrition for Better Health

A Multi-state Web Certification Program for Nutrition Educators

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Overview

- Conception
- Implementation
- Evaluation

Conception

- 1998-1999 Diane Linder Sabbatical
- Standardize Paraprofessional Training
- Collaborative Partnerships
- Multi-function
- Increase Civil Service Expertise and Wage
- Proactive Web Master

Conception

- Competent paraprofessional product **initial training program, supportive transition, ongoing training, and effective performance management**
- Logistical challenge to programs based on this model
- Paraprofessional model emphasizes **development of competencies**, related directly to performance management

- Community Nutrition Programs in Louisiana employ 100+ Nutrition Paraprofessionals (Nutrition Educators) in **Family Nutrition Program (FNP)** and **Expanded Food and Nutrition Education Program (EFNEP)**
- In 2000, LSU AgCenter Nutrition faculty contributed to a web based paraprofessional training curriculum, **EATSMART: Nutrition for a Better Life**
(www.agctr.lsu.edu/eatsmart/default.htm)

- **Internet nutrition curriculum** includes >28 nutrition modules on Internet for Louisiana and other states.
- Module has **pre and post** components and is basis for the **Nutrition Educator Certification Program**
- Workbook by the Texas A&M Extension Service complements and supplements

28 Lessons

Basic Nutrition

Dietary Guidelines
Food Guide Pyramid
Milk

The Nutrients

Protein
Carbohydrate
Fat
Vitamins
Lesson
Minerals
Lesson
Water
Dietary Fiber
Phytochemicals
Alternative Nutrition Therapies

Stretching Your Food Dollar

Menu Planning
Smart Food Shopping
Food Labels

Nutrition and Chronic Disease

Preventing Heart Disease & Stroke
Cancer
Diabetes

Nutrition & The Life Cycle

Maternal & Infant Nutrition
Nutrition & The Preschool Child Nutrition
Adolescent Nutrition
Nutrition & The Elderly

Food Safety

The Food Safe Consumer
Bacteria
Handwashing
Food Preservation

Authors

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Implementation

- Texas
- Illinois
- Women Infant and Children (WIC)

Requirements for Nutrition Educator Certification in Louisiana

- Nutrition Educator 1 completes of all internet Eat Smart Curriculum lessons, using basic computer skills
- Passing score (75%) on a written, multiple-choice, monitored test, offered twice a year
- Demonstrated application of the curriculum principles
- Permanent status

- Paraprofessionals required to study curriculum via computer access
- Allowed **2 hr/wk** work time to master the material
- Web site has self guided pre- and post-tests to assess readiness
- Allows paraprofessionals to master **minimum of competencies**
- Maximizes paraprofessional's potential

Nutrition Educator 1 Probation

- Begins date hired
- Within period, must participate in certification program
- Testing ≥ 6 months and ≤ 2 years
- Probation allows Nutrition Educator 1 to be certified
- Certification exam given twice a year and Nutrition Educator can test multiple times on probation
- Dismissal if Nutrition Educator does not pass certification test with 75% accuracy rate in two years

- NE can be dismissed by Civil Service Rules
- Certified Nutrition Educator status not guarantee Nutrition Educator 1 granted "permanent" status or promoted to Nutrition Educator 2
- Nutrition Educator 1 must attain permanent status and have at least one year of related experience to be promoted to Nutrition Educator 2

- Current Nutrition Educators with permanent status and not certified should complete curriculum in six months
- Current permanent status Nutrition Educator not eligible for merit increases and/or promotion to Nutrition Educator 2 until completed certification
- Nutrition Educator not completing the program receives factor rating of 1 (poor) or 2 (needs improvement) on next performance review
- Nutrition Educator not certified by December 31, 2004 subject to dismissal

- The nutrition exam offered twice a year
- Dates and locations announced, usually by posting on the intranet and by e-mail announcement from the State office staff (Catrinel Stanciu), at least one month (20 working days) in advance

- Nutrition Educator certified receives a one-time incentive \$400, not to exceed 7% of salary
- LSU AgCenter Rewards and Recognition Program approved by the Department of Civil Service for AgCenter classified employees

- Names of the Nutrition Educators taking exam and location sent at least two weeks before the exam date
- To be allowed to take test, Nutrition Educator must complete all lessons of the Eat Smart curriculum.

- Exam administered/monitored by staff
- Exam multiple customized, scrambled versions of Internet Nutrition Curriculum Evaluation Assessment developed in 1999 by School of Human Ecology nutrition faculty and graduate students
- A passing score is 75%
- Two hours are allowed to complete exam
- Nutrition Educator with ADA accommodation and permanent disability has alternative testing method if requested a minimum of four weeks prior to test and provides medical certification

- Completed exams will be scanned and scored by LSU Testing Service and scores are returned to coordinating specialist.
- Coordinating staff recommends for incentive awards based on completion of policy requirements and approval by FCS Department Head
- Announcement of awards made through Office of Assistant Vice Chancellor

Summary

Effective tool to increase core competencies of nutrition paraprofessionals in community nutrition programs

Test Initiated 2000

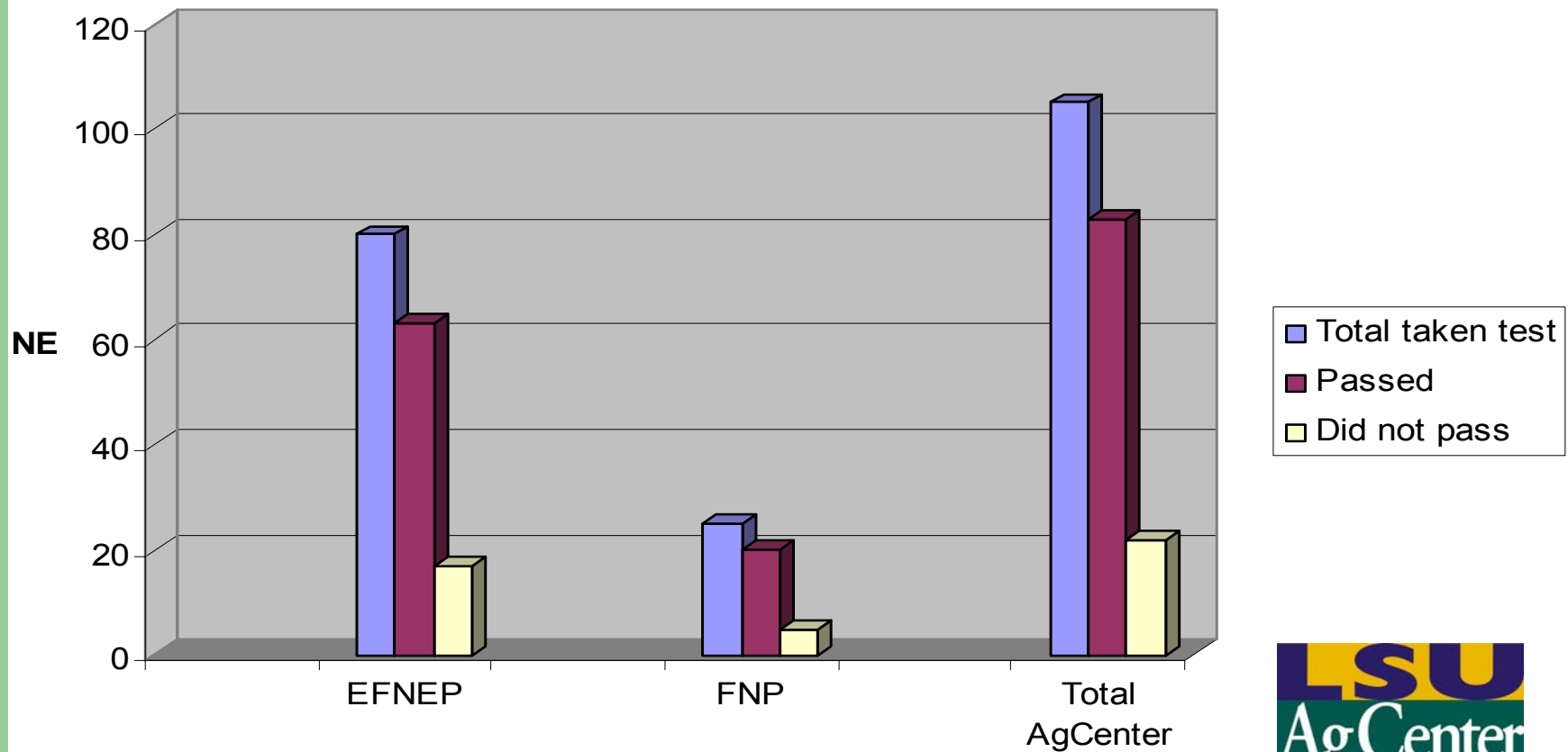
- Given to total of **105 (80 EFNEP, 25 FNP)** LSU AgCenter Nutrition Educators
- **79%** have passed, as indicated by a **passing score of 75%**, and successfully completed the Certification Program.
- Test also offered to Southern University FFNEWS Nutrition Educators.

NE Certification Program

Program	Total taken test	Passed	Percent
EFNEP	80	63	78%
FNP	25	20	80%
Total	105	83	79%

Louisiana Certification Test Results

Nutrition Test Results



Printable Version

EatSmart curriculum lessons, converted into
Word format and first 15 lessons

Link to curriculum

<http://www.agctr.lsu.edu/eatsmart/default.htm>

Home Page



Vice-Chancellor and
Director of the Louisiana
Cooperative Extension
Service, [Dr. Paul Coreil](#)



EFNEP & FNP: **Nutrition for a Better Life**

WELCOME to the LSU Agricultural Center's Nutrition Curriculum web site for the Expanded Food and Nutrition Education Program (EFNEP) and the Family Nutrition Program (FNP). The lessons and [resources](#) of the Eat Smart curriculum are used as a training tool for the Louisiana State University Agricultural Center Nutrition Educator Certification Program.

Using the Navigation Pictures at the Top of Each Page:

The pictures at the top of the page will bring you to the five major sections of this web site. By clicking on each picture you will be taken to that particular section.

- **Site Map** - Site Map brings you to the Table of Contents. Go here first to jump to any specific subject on this web site.
- **Lessons** - This lists all lessons. When choosing the lesson you want from this page, you will be taken to five pre-test



EFNEP
& FNP

Site Map



Lessons

Our People



Resources



Local
Agents

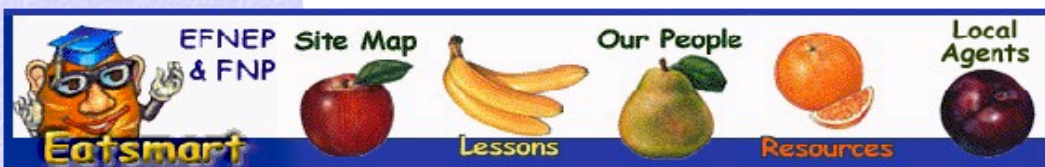


Nutrition Curriculum Lessons

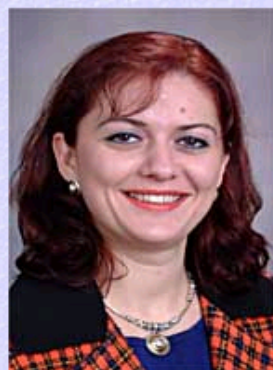
Our lessons are broken into 3 sections. To view the Pre-Test, click the first book. To view the actual lesson, click on the second book. To view the Post-Test and see what you learned, click the third book.

Basic Nutrition

Dietary Guidelines	 Pre-Test	 Lesson	 Post-Test
Food Guide Pyramid	 Pre-Test	 Lesson	 Post-Test



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and



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Table of Contents for Dietary Guidelines

[Click here for the printable \(Word\) version of the lesson](#)

Understanding the Dietary Guidelines

What are the Dietary Guidelines?

To help you make decisions for you and your family about eating healthfully, the U.S. Department of Agriculture and Health and Human Services has developed "Nutrition and Your Health: Dietary Guidelines for Americans." The Dietary Guidelines provide recommendations for healthy Americans, children (ages 2 years and over) and adults of any age. The guidelines were introduced in 1992 and revised periodically. The latest revision was in 2000, based on the latest scientific information.

The Dietary Guidelines are the government's key nutrition message on how to choose a healthful diet. These guidelines provide easy to understand, scientifically based information on how you and your family can enjoy food while taking action for good health. They also help us to learn how to feed children so they grow, develop and do well in school. The Dietary Guidelines promote moderation, balance and variety in food choices, with special emphasis on grain products, fruits and vegetables. The new guidelines include increased emphasis on physical activity and food safety.

Why is it important for everybody to follow the Dietary Guidelines?

Heart disease (30.3%), cancer (23%) and stroke (7%) were the first three leading causes of death among Americans in 1999. Type 2 diabetes is number 6 (2.9% of all deaths) and Alzheimer's disease is

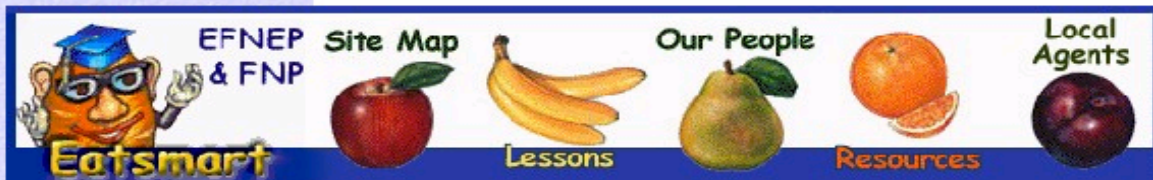


Table of Contents

[Meet our People](#)

[Lesson Plans](#)

[Recipes](#)

[Resources and Link](#)

[Glossary](#)

[Local Agents](#)



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For more information on the EFNEP program, contact EFNEPMail@agcenter.lsu.edu.

Poster



A Web-Based Nutrition Certification Program for Paraprofessionals

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Introduction

- A competent paraprofessional is a product of a well designed **initial training program, supportive transition, ongoing training, and an effective performance management system.**
- Technical knowledge of nutrition education subject matter is important, but poses a logistical challenge to programs based on this model.
- The paraprofessional model emphasizes **development of competencies**, related directly to performance management.

Introduction

- Community Nutrition Programs in Louisiana targeting limited resource families employ over 100 Nutrition Paraprofessionals (Nutrition Educators) in the **Family Nutrition Program (FNP)** and the **Expanded Food and Nutrition Education Program (EFNEP).**
- In 2000, LSU AgCenter Nutrition faculty contributed to a web based paraprofessional training curriculum, **EATSMART: Nutrition for a Better Life** (www.agctr.lsu.edu/eatsmart/default.htm).

Method

- The Internet nutrition curriculum** includes more than 25 nutrition education modules available through the Internet to Louisiana and other states.
- Each module incorporates **pre and** components and provides the basis for the **Nutrition Educator Certification Program.**
- A workbook, developed by the Texas A&M University Agricultural Extension Service, complements the Internet curriculum and is used as a supplement to enhance learning.

Method

- Requirements for the **Nutrition Educator Certification Program** in Louisiana are:
 - Passing score (75%) on a **written, multiple-choice, monitored test**, offered twice a year
 - **Demonstrated application** of the curriculum principles
 - **Permanent status**

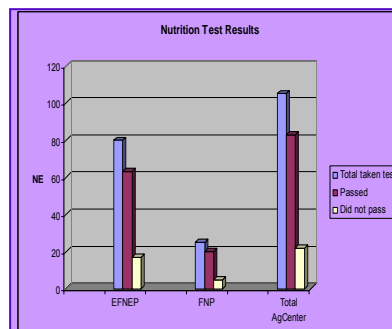
Method

- The paraprofessionals are required to study the curriculum via computer access. They are allowed **2 hours a week** work time to master the material. The web site provides self guided pre- and s that the paraprofessional can use to assess their readiness.
- The nutrition test allows paraprofessionals to master a **minimum of competencies** necessary to perform their job and maximizes the paraprofessional's potential.

Results

- Since the program was initiated in 2000, the test has been given to a total of **105 (80 EFNEP, 25 FNP)** LSU AgCenter Nutrition Educators.
- Of those given the test, **79%** have passed it, as indicated by a **passing score of 75%**, and successfully completed the Certification Program.
- The nutrition test has also been offered to the Southern University Nutrition Educators.

Results



Conclusion

- EATSMART: Nutrition for a Better Life** curriculum is an effective tool to increase the core competencies of the nutrition paraprofessionals in community nutrition programs.